

# The circulatory system and the heart

## Mixed questions

Marks

1. Look at the first page. Why do you think the heart needs to be '**an extremely strong muscle**'?

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1 mark

2. Why do you think a '**heartbeat varies from person to person**'?

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1 mark

3. Look at the two sections titled: **Blood** and **Blood Vessels**.

Match the different blood components to their function.

Arteries

Red blood cells

Blood platelets

White blood cells

Veins

Capillaries

Plasma

Carry blood to the heart

Help the blood to clot

Carry blood into organs and tissue

Carry the cells and transport nutrients

Protect against disease

Transport oxygen

Carry blood away from the heart

3 marks

4. 'The heart is the key organ in the circulatory system.'

In this sentence, the word 'key' is closest in meaning to... Tick **one**.

- lock
- biggest
- complicated
- major

1 mark

5. Look at page 1.

**Find a word** which shows oxygen is crucial for the whole body.

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1 mark

6. Look at the first page.

**Find and copy a group of words** that means the same as 'all the areas of the anatomy to work'.

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1 mark

7. Explain where the heart is located.

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1 mark

8. According to the text, how long does the process of the circulatory system take to complete?

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1 mark

9. Which of the facts explored in this non-chronological report do you find the most astonishing?  
Use evidence from the text to support your answer.

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3 marks

10. How do the diagrams in the report support the written information?

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2 marks

11. Which word is a synonym for 'sufficient'? Tick **one**.

- satisfy
- enough
- reduction
- healthy

1 mark

12. Look at the second page.

a) How long can red blood cells survive in the circulatory system for?

b) How many lives can one pint of blood save?

a) \_\_\_\_\_

b) \_\_\_\_\_

2 marks

13. How do blood vessels help our bodies control temperature?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 marks

14. Using information from the text, **put a tick in the correct box** to show whether each statement is **true** or **false**.

True

False

Blood cells pick up oxygen in the lungs. -----

Our lungs get rid of carbon dioxide when we breathe out. -----

We only need deoxygenated blood in our bodies. -----

Blood only collects nutrients from your body and organs. -----

2 marks

15. How far would our blood vessels measure, if laid out in a line?

\_\_\_\_\_

1 mark

16. On page 2, which keyword tells you that people are not always successful at having a healthy, balanced diet?

\_\_\_\_\_

1 mark

17. Look at the section on **'How can I keep my heart healthy?'**

Name three pieces of advice we are given to help the health of our hearts.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1 mark

18. Using information from the text, tick one box in each row to show whether each statement is a **fact** or an **opinion**.

**Fact**

**Opinion**

- |  |                          |                          |
|--|--------------------------|--------------------------|
| You heart beats over 100,000 times per day.    | <input type="checkbox"/> | <input type="checkbox"/> |
| The heart is made up of four chambers.         | <input type="checkbox"/> | <input type="checkbox"/> |
| The heart is the most interesting human organ. | <input type="checkbox"/> | <input type="checkbox"/> |

2 marks

19. Look at the section on **Blood**.

Find and copy **one word** which show that blood is crucial for our bodies.

\_\_\_\_\_

1 mark

20. The circulatory system could best be described as... Tick **one**.

- Complex yet fascinating.
- Repulsive and unnecessary.
- Important but rudimentary.

1 mark

21. **'You may recognise that your heart rate will increase when you exercise.'**

What does this suggest about the link between increasing your heart rate and keeping your heart healthy?

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2 marks

22. Which elements of this non-chronological report do you find persuasive?

Use evidence from the text to support your opinion.

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3 marks

23. Find a phrase which suggests that heart rates differ between people.

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1 mark

**Marks**

24. What do the words '**essential**' and '**protecting**' suggest about blood?

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**2 marks**

**Total marks**